

MISSOURI DEPARTMENT OF CONSERVATION'S  
**DISCOVER NATURE—WOMEN**  
SUMMER WORKSHOP



**WINDERMERE CONFERENCE CENTER**  
**ROACH, MISSOURI**

**May 31–June 2, 2013**

*This workshop is for women  
18 years old and older.  
Girls aged 14–17 also  
are welcome when  
accompanied by an adult woman.*

MDC  
**DISCOVER  
nature**



**Discover Nature—Women** Summer Workshop offers a two-year program that allows participants to complete four core courses each year, for a total of eight core courses in two years. Courses are arranged in two groups of core courses:

### **Group A**

Archery  
Basic Hunting  
Canoeing  
Introduction to Firearms  
Outdoor Cooking

### **Group B**

Camping  
Fishing Fundamentals  
Fly Tying  
Map and Compass  
Shotgun Shooting

- Participants take either four courses from Group A or four courses from Group B this year and qualify for the other group next year (or the next time they participate).
- Courses have 15 or fewer participants.

*The Discover Nature—Women Summer Workshop provides a safe and friendly environment where women experience hands-on outdoor skills training at the beginner level. Taught by a team of longtime professionals, courses will be held at the Windermere Conference Center. Flanked by 1,300 acres of wooded Ozark hills, the center occupies 3.5 miles of shoreline on the Lake of the Ozarks. For more information on Windermere, please visit [www.windermereusa.org](http://www.windermereusa.org) or call 1-573-346-5200 or 1-800-346-2215.*



### Lodging and meals

Participants are responsible for making their own room and meal reservations with Windermere at 1-573-346-5200 or 1-800-346-2215.

**Accommodations:** Prices will vary with the number of participants per room. There are five lodging options.\*

<b>Lakeview Lodge</b> . . . . .	\$154/room (maximum 6/room)
<b>Motel</b> . . . . .	\$66/room (maximum 4/room)
<b>Cedar Grove Cabins</b> . . . . .	\$49/cabin (maximum 4/cabin)
<b>RV Camping</b> . . . . .	\$16/site
<b>Tent Camping</b> . . . . .	\$11/site

\*Contact Windermere for specifics details on each lodging option.

**Orientation begins at 11 a.m. Friday.**

**Meals:** Please work with Windermere to arrange for your meals. We usually begin the weekend with lunch on Friday and end with lunch on Sunday. MDC will provide Saturday dinner at no cost to you. Otherwise, breakfast is \$5.50; lunch, \$7; and dinner, \$8.25.

### Confirmation number

Be sure to keep a record of your Windermere meal and lodging confirmation number and to record the number in the space provided when you fill out the registration form on the last page in this brochure. This number must be mailed to Missouri Department of Conservation (MDC) with your registration form and deposit fee for you to be accepted into the workshop. **Registration is not valid without the number.**

### Deposit fee and deadline

Mail your \$20 deposit fee, along with your Windermere meal and lodging confirmation number to be postmarked by **April 26, 2013**. Your deposit fee will be refunded when you check in at the MDC registration table. Deposit fees will be returned only to registered participants in attendance. See detailed information and registration form following course descriptions.

### Alcohol/firearms

Use or possession of alcoholic beverages or illicit drugs, firearms and fireworks is forbidden on Windermere property.



## Course Descriptions

**Leisurely** ■ Course is not physically demanding.

**Moderate** ■ Course requires a certain level of physical activity.

**Rugged** ■ Course is fairly strenuous and may require walking over uneven terrain.

### Group A

#### **Archery** *Outdoors/Leisurely-Moderate*

Learn the basic techniques for shooting a bow and arrow and get some tips on how to select bows, arrows and other archery equipment. You'll have plenty of time to practice your new archery skills with different types of bows and targets.



#### **Basic Hunting**

##### *Indoors and Outdoors/Leisurely*

Hunting for wild game is a tradition that has been passed down in every culture for thousands of years. This hands-on course will explore some basic hunting skills that will improve your success the next time you want to bag game for the table. Topics will include hunting safety, animal signs, decoys, calling, camouflage and tree stands.

#### **Canoeing** *Outdoors/Moderate-Rugged*

Canoeing is a great way to explore the outdoors. Understanding proper canoeing techniques will make those excursions fun and safe. Our expert instructors will teach you the basic strokes and strategies of stream and flat-water canoeing.

#### **Introduction to Firearms** *Indoors and Outdoors/Leisurely-Moderate*

Ever wonder if you might enjoy shooting sports? Target shooting is a wonderful, safe and gratifying way to find out. You will leave the course with an understanding of the basic parts of firearms, with a solid foundation in their safe and ethical handling and firing, and with targets you will be proud to show off to the folks back home! Shooting will include air rifles and .22 caliber rifles.

#### **Outdoor Cooking** *Outdoors/Leisurely*

You don't need a range to make great meals while ranging through outdoor Missouri. You'll be amazed by the scrumptious meals you can cook up with a Dutch oven, charcoal and the right ingredients. Learn how to care for Dutch ovens and how to cook with charcoal safely while getting a great start on your recipe collection at the same time.

## Group B

### Camping Outdoors/Leisurely

Want to go camping, but not sure where to begin? Learning and practicing some basics will help make sure your camping experiences are enjoyable. You'll have ample opportunity to try a variety of equipment and gain tips on what you will (and won't) need.

### Fishing Fundamentals Outdoors/Leisurely

Get hooked on one of the world's most popular outdoor activities. This course teaches you the basics on fishing techniques, equipment, bait, lures, knots and fish identification. You will not need a fishing permit to participate in this course.



### Fly Tying Indoors/Leisurely

Tying flies is both an art form and a science. This course will help you create different types of beautiful and effective flies while learning why what you tie would catch a fish's eye—and possibly, the whole fish!

### Map and Compass Outdoors/Moderate

Mystified by a map? Confused by a compass? Ever wonder how the heroine in a novel or movie confidently leads everyone to safety simply by studying a mysterious object lying flat in her hand? After some very basic instructions and fun-filled activities (including navigating successfully through a 1-mile orienteering trail through the woods using a map and compass), you will be transformed from the confused, mystified follower to the confident, mysterious heroine!

### Shotgun Shooting Outdoors/Moderate

Few thrills can match the excitement of the first time you shatter a clay target with a shotgun. Learn the basic skills required to use a shotgun effectively. Safety will be stressed in this course, and you will have plenty of hands-on shooting opportunities to practice your new skills.

## Payment and registration information

MDC deposit fee is \$20 per person.

There is no deposit fee for young women aged 14–17 when registered with an adult. However, participants aged 14–17:

- are responsible to Windermere for room and meal costs.
- must be accompanied at courses by the adult woman with whom they are registered.
- must present a consent form (available from Lynn Goggins) signed by a parent or guardian.

## Cancellation policy

*Remember you ALSO must contact Windermere to cancel your lodging and meals.*

**MDC Policy**—If you cancel on or before May 17, 2013, you will receive a full refund. Fee will not be refunded to registrants who do not attend and do not cancel by May 17, 2013.

**Windermere Policy**—Cancellation 30 days or more prior to arrival date will result in a full refund. *Cancellation fewer than 30 days prior to arrival will result in forfeiture of deposit.*

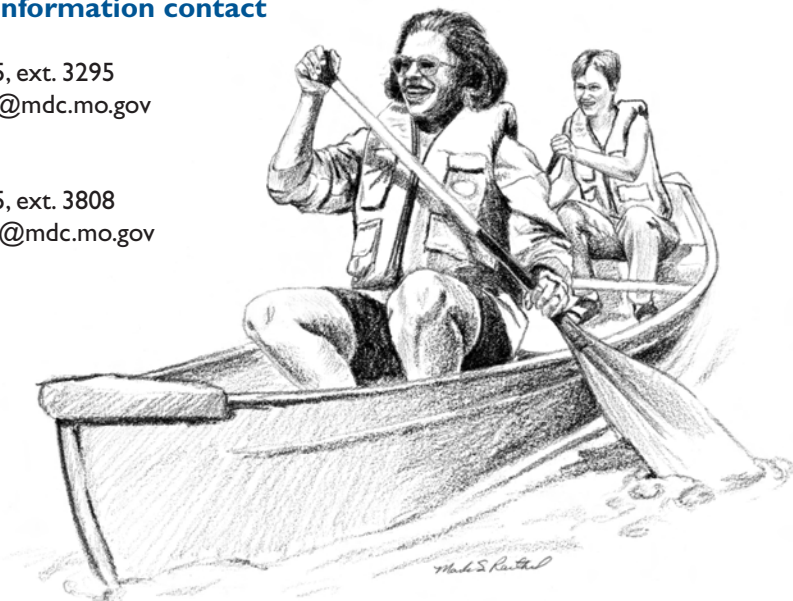
## Special needs

In compliance with the American Disabilities Act, this workshop will make all reasonable efforts to accommodate people with special needs. Please include a letter with your registration form describing any special needs you have.

## For more information contact

Eric Edwards  
573-522-4115, ext. 3295  
Eric.Edwards@mdc.mo.gov  
or

Lynn Goggins  
573-522-4115, ext. 3808  
Lynn.Goggins@mdc.mo.gov



## Registration Form

Name \_\_\_\_\_

If minor: Age of minor \_\_\_\_\_ Attending with \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Daytime phone number \_\_\_\_\_

E-mail \_\_\_\_\_

In case of emergency, please provide a contact name and phone number(s).

Contact name \_\_\_\_\_ Phone(s) \_\_\_\_\_

**Windermere Confirmation Number:** \_\_\_\_\_

**Registration is not valid without this number.**

### Course selection

Attendees will participate in four courses. If you are a first-year participant, indicate your course preferences in Group A and in Group B by numbering the selections in each group from 1–5. (Number 1 would be your first choice.) You will be placed in either Group A or Group B and assigned four courses depending on your preference and what is still available at the time we receive your application. If you are assigned Group A courses this year, you will qualify to be enrolled in Group B courses the next year you attend. If you are a second-year participant you need only number the selections in the Group you haven't taken yet. Preference is given to second-year participants.

#### Group A

\_\_\_\_\_ Archery

\_\_\_\_\_ Basic Hunting

\_\_\_\_\_ Canoeing

\_\_\_\_\_ Introduction to Firearms

\_\_\_\_\_ Outdoor Cooking

#### Group B

\_\_\_\_\_ Camping

\_\_\_\_\_ Fishing Fundamentals

\_\_\_\_\_ Fly Tying

\_\_\_\_\_ Map and Compass

\_\_\_\_\_ Shotgun Shooting

**Mail this form with deposit fee to:** Attn: Discover Nature—Women, Missouri Department of Conservation, Outreach and Education, PO Box 180, Jefferson City, MO 65102-0180. Please make checks payable to: MCHF

**Registration deadline:** April 26, 2013

**Signature Required:** I recognize this event involves risk and I take responsibility for action or injury that may result by participating. I agree to accept the conditions set forth in the cancellation policy. I understand that photographs and/or videos may be taken during the event and may be used in future support of this or other programs that highlight or encourage participation in outdoor activities.

\_\_\_\_\_  
SIGNATURE



[mdc.mo.gov](http://mdc.mo.gov)

Equal opportunity to participate in and benefit from programs of the Missouri Department of Conservation is available to all individuals without regard to their race, color, national origin, sex, age or disability. Questions should be directed to the Department of Conservation, PO Box 180, Jefferson City, MO 65102, 573-751-4115 (voice) or 800-735-2966 (TTY), or to the U.S. Fish and Wildlife Service Division of Federal Assistance, 4401 N. Fairfax Drive, Mail Stop: MBSP-4020, Arlington, VA 22203.